

## Camp Staff

### Jesse Weiner

Head XC and Track and Field Coach, 4th Year at Alderson Broaddus. Former Assistant coach for 2 years at Adrian College. Graduate Assistant at East Stroudsburg University (PA) . Interned at The Penn Relays. B.S. from East Stroudsburg, M.Ed. From East Stroudsburg University.

### Colin Murphy

Assistant XC and Track & Field Coach, 3rd Year at Alderson Broaddus. Former runner at AB from 2002-07 and a member of the 2005 WVIAC Championship Team. Graduated the AB in 2007 in Accounting, and in 2014 Business and Marketing.

## Current Cross Country and Track and Field team

### 2011-14 Performances

- Ashley Teets XC Runner of the Year
  - Jenny Brewer XC Freshmen of the Year
  - Broken 55 School Records in Track & Field from 2012-2014
  - 10 WVIAC Athlete All-Conference
  - Jenny Brewer All-Academic XC 2012-14
  - Women's XC Team All-Academic
  - 13 All-G-MAC Conference Athletes
  - 4 G-MAC Championship Champions
- Jenny Brewer, Hannah Surface, and John Munday All-GMAC XC Team 2014

Alderson Broaddus University  
Cross Country Camp  
101 College Hill Drive  
Philippi WV, 26416

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# Alderson Broaddus University Cross Country Camp

*Run with the Battlers!!*



Date: July 13-16, 2015

Instruction on  
Cross Country Running  
and Distance Training  
from Alderson Broaddus  
University.

## Philosophy

Get a jump on the season with your teammates at the AB Cross Country Camp. The AB XC Camp is designed to educate runners in all areas of training and competing. During the camp, each runner will learn running technique, nutrition, and weight training. We believe our knowledge and passion for the sport will assist each camper's goal of becoming a better runner. Our goal for each camper is to expand their knowledge and love for the sport of Running. Through hard work, dedication, friendships with our committed staff of Battlers you will become a better runner.

## General Information

- Distance runners will enjoy WV trails
- Goal setting
- Pool workouts and drills
- Access to weight room
- All you can eat meals
- Recreation Facilities
- 24 hour campus security coverage
- Experience living in university residence halls
- College Prep Plan
- For grades 6-12
- Free camp t-shirt and swag

## Camp Care Services

Our AB summer camp care staff are first aid and CPR/AED certified. Summer camp care staff will provide routine first aid services to the runners during hours the camp is in session, and will refer medical emergencies and illnesses to the Broaddus Hospital, located minutes from campus.



## Daily Schedule (Tentative)

- 7:30am Wake Up/Breakfast
- 8:30 am Training Session
- 10:00am Informative Skill Building
- 12:00pm Lunch
- 1:00pm Free Time
- 2:00pm Training Session
- 3:30pm Speaker/Analysis
- 5:00pm Dinner
- 6:30pm Recreation Activities
- 8:30pm Movie/Pool/Activity
- 10:30pm Lights Out

## Cost

The cost for the AB XC Camp is \$300 for overnight campers; \$175 for commuters. All meals are included for overnight campers and lunch only for commuters. Please enclose a \$75.00 non-refundable deposit with the application and return by June 30, 2015. The balance is due one week prior to the start of camp week. Campers who leave early due to illness/injury will receive a pro-rated refund. No refunds will be given for a camper who is sent home for disciplinary reasons.

## Team Discount

Four or more athletes from the same school will pay \$150 for commuters and \$275 for overnight campers.

## Accommodations

Campers will be housed on campus with two athletes per room. Athletes may request specific roommates (housing request must be sent with registration form). Linens are not provided.

Monday, July 13th Camper drop off 9am  
Thursday, July 16th 3k Cross Country Race  
(Parents invited)  
Thursday, July 16th Camper pick up 4pm

## 2015 Registration Form Cross Country Camp

Name (first) \_\_\_\_\_  
(last) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_  
E-mail \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_  
Age (June 30) \_\_\_\_\_ Grade (June 30) \_\_\_\_\_  
Name of Parent or Guardian \_\_\_\_\_  
Emergency Phone \_\_\_\_\_  
School \_\_\_\_\_  
Coach \_\_\_\_\_  
Events \_\_\_\_\_  
Overnight \_\_\_\_\_ Commuter \_\_\_\_\_  
Roommate Name \_\_\_\_\_  
T-shirt size: S M L XL  
Make Checks Payable to:  
Jesse Weiner  
Mail to: Alderson Broaddus University  
Attn: Coach Weiner 101 College Hill Drive  
Philippi WV 26416.  
X \_\_\_\_\_

Parent/Guardian Signature

Once registration form is received, a medical form, directions, itinerary, and receipt will be mailed. If you register after June 30th call to confirm openings and registration.

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